



Preventing Teen Pregnancy and Sexually Transmitted Infections





Outline for today

- PREP Overview
- **WA PREP Evidence Based Interventions**
- Data and Evaluation
- Intervention Partners: Responsibilities
- Resources for more info about PREP





Washington PREP

- To decrease disproportionate teen birthrates in high-risk and vulnerable populations
- Serves ages 11-21
- Funded through the Affordable Care Act 2010
- Administered by Family and Youth Services Bureau





WA PREP for Healthy Youth Coordination

- Washington State Department of Health (DOH)
- Department of Social and Health Services (DSHS)
- Office of Superintendent of Public Instruction (OSPI)
- CARDEA Services (*training & technical assistance*)





Intervention Partners

- Community-based organizations
- Juvenile detention facilities
- Schools
- Local Health Jurisdictions





Evidence Based Interventions

- Teen pregnancy prevention focus
- Preventing sexually transmitted infections, including HIV/AIDS
- EBI – like a curriculum or program
 - Already proven to work through rigorous evaluation
 - Not the same as Research-Based Practice





WA PREP

Evidence Based Interventions

¡Cuidate!

- Reduced frequency of sexual intercourse
- Reduced number of sexual partners
- Reduced incidence of unprotected sex
- Increased condom use

Draw the Line/Respect the Line

- Decrease in sexual partners
- Increase knowledge in HIV
- Increase condom use

Be Proud! Be Responsible!

- Reduced frequency of sex
- Reduced number of sexual partners
- Increased condom use

Reducing the Risk

- Increased parent-child communication – especially among Latino Youth
- Delayed initiation of sexual intercourse
- Reduced incidence of unprotected sex – among low risk youth

Sistas Informing, Healing, Living, and Empowering (SiHLE)

- Reduced number of new sexual partners
- Reduced incidence of unprotected sex
- Increased condom use
- Long-term: Reduced incidence of STIs
- Long-term: Reduced incidence of pregnancy

Making Proud Choices

- Delayed initiation of sexual intercourse
- Reduced frequency of sex
- Reduced incidence of unprotected sex
- Increased condom use

SHARP

- Reduced incidence of unprotected sex – increased condom use





EBI Curriculum example: SHARP

- SHARP: Sexual Health & Adolescent Risk Prevention
- 4 - 5 hour implementation
 - Delivered in one day
 - Includes video, lecture, group discussion and activities
- **Outcomes:**
 - Reduced incidence of unprotected sex
 - Increased condom usage





EBI Curriculum example: Be Proud! Be Responsible!

- Delivered over 6 sessions – each lasting approximately 50 minutes
- Includes experiential activities to build skills in negotiation, refusal, and condom use
- **Outcomes:**
 - Reduced frequency of sex
 - Reduced number of sexual partners
 - Increased condom usage





WA PREP Process

- Application
- Conduct needs assessment
- Site visit
- Training
- Implementation of EBI





Evaluation Requirements

- Entry and Exit survey for students
- Facilitators complete fidelity monitoring logs after each session
- Facilitators complete survey about PREP
- CARDEA provides technical assistance





Intervention Partner Responsibilities

- Committed facilitators
- Attend trainings
- Deliver curriculum with fidelity
- Complete and submit evaluation materials
- Focus on sustainability






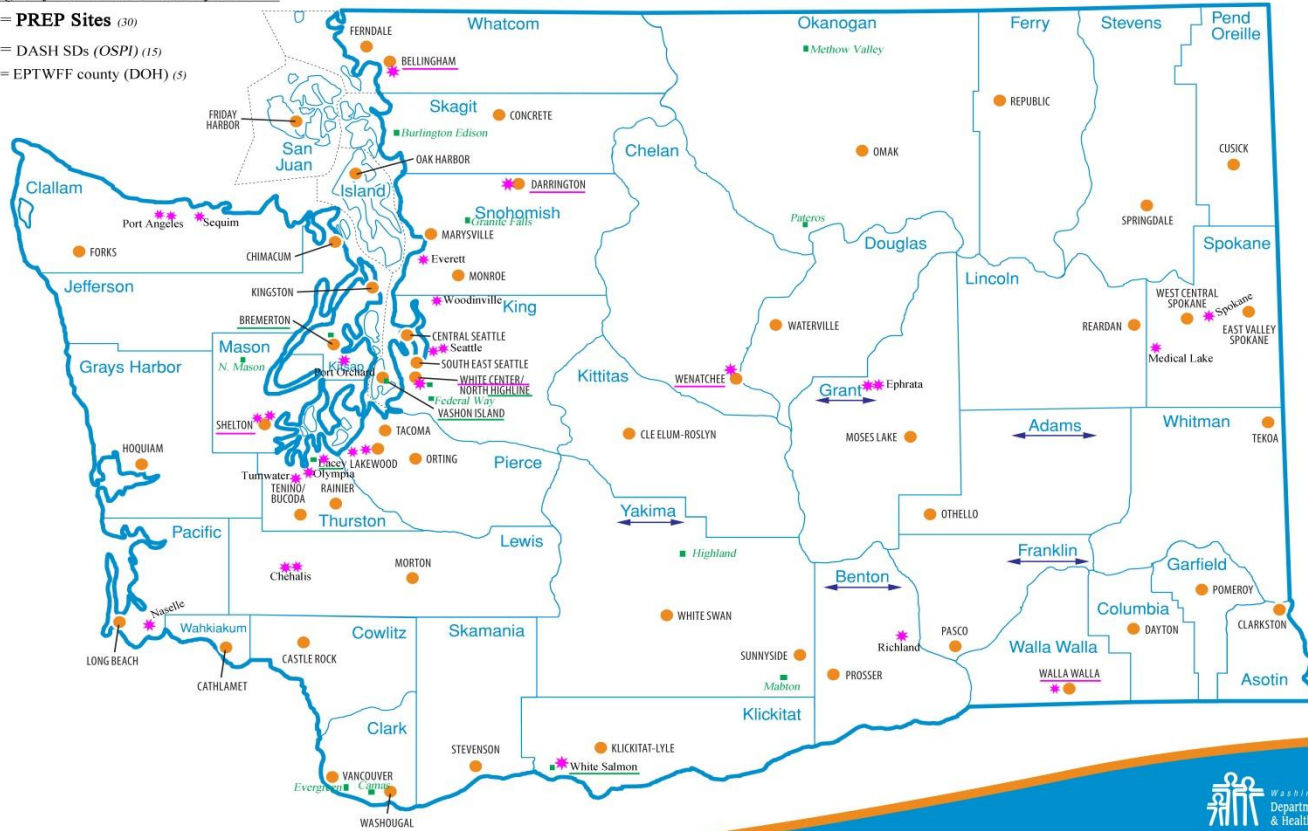
CPWI Communities & PREP

Community Prevention and Wellness Initiative

PREVENTION SERVICES ARE FOCUSED IN COMMUNITIES THROUGHOUT WASHINGTON

Teen Pregnancy Prevention and Sexuality Education

-  = PREP Sites (30)
-  = DASH SDs (OSP) (15)
-  = EPTWFF county (DOH) (5)



Transforming lives

Washington State
Department of Social
& Health Services

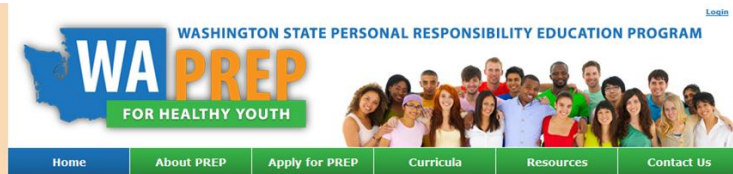
BHSIA Behavioral Health and
Service Integration Administration
DSHS 22-1465 (Rev. 2/14)



www.waprepforhealthyouth.org

Visit our website:

- About the project
- Current Intervention Partners around the state
- Information on EBIs
- Resources on sexual health



Welcome to WA PREP for Healthy Youth!



The Washington State Personal Responsibility Education Program (WA PREP) is in full swing! 2013-2014 [Intervention Partners](#) received funding to implement evidenced based interventions (EBIs) in Washington State communities.

WA PREP Intervention Partners educate youth (primarily ages 11-18) on both abstinence and contraception for the prevention of pregnancy and sexually transmitted infections, including HIV/AIDS, and [three adulthood preparation subjects](#) (Healthy Relationships, Parent-Child Communication and Healthy Life Skills). WA PREP staff have provided specialized technical assistance and training to all Intervention Partners to build their capacity to implement EBIs.

Currently, WA PREP has trained 62 facilitators in six EBIs ([Be Proud! Be Responsible.](#), [SHARP, Reducing the Risk, Making Proud Choices.](#), [Teen Outreach Program \(TOP\)](#), and [SIHLE: Sistas, Informing, Healing, Living, Empowering](#)). Here is what WA PREP Intervention Partners are

Youth in their own words

- "I learned..."*
- *it's ok to say no to sex if you're not ready."*
 - *how to say, 'no' and staying with my decision."*
 - *that condoms are really important and something you really have to use when it comes to having sex"*
 - *how many diseases you can get if you are not careful."*
 - *how to prevent yourself from getting diseases."*

WA PREP Fun Facts

WA PREP Intervention Partners have served youth in 21 counties in the following settings: rural, urban, middle/high schools, community and faith based organizations

WA PREP Youth in the Community

At a local high school, youth that participated in the Reducing the Risk curriculum made posters and pamphlets for a peer-to-peer exhibit about safety... the display received





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Questions



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